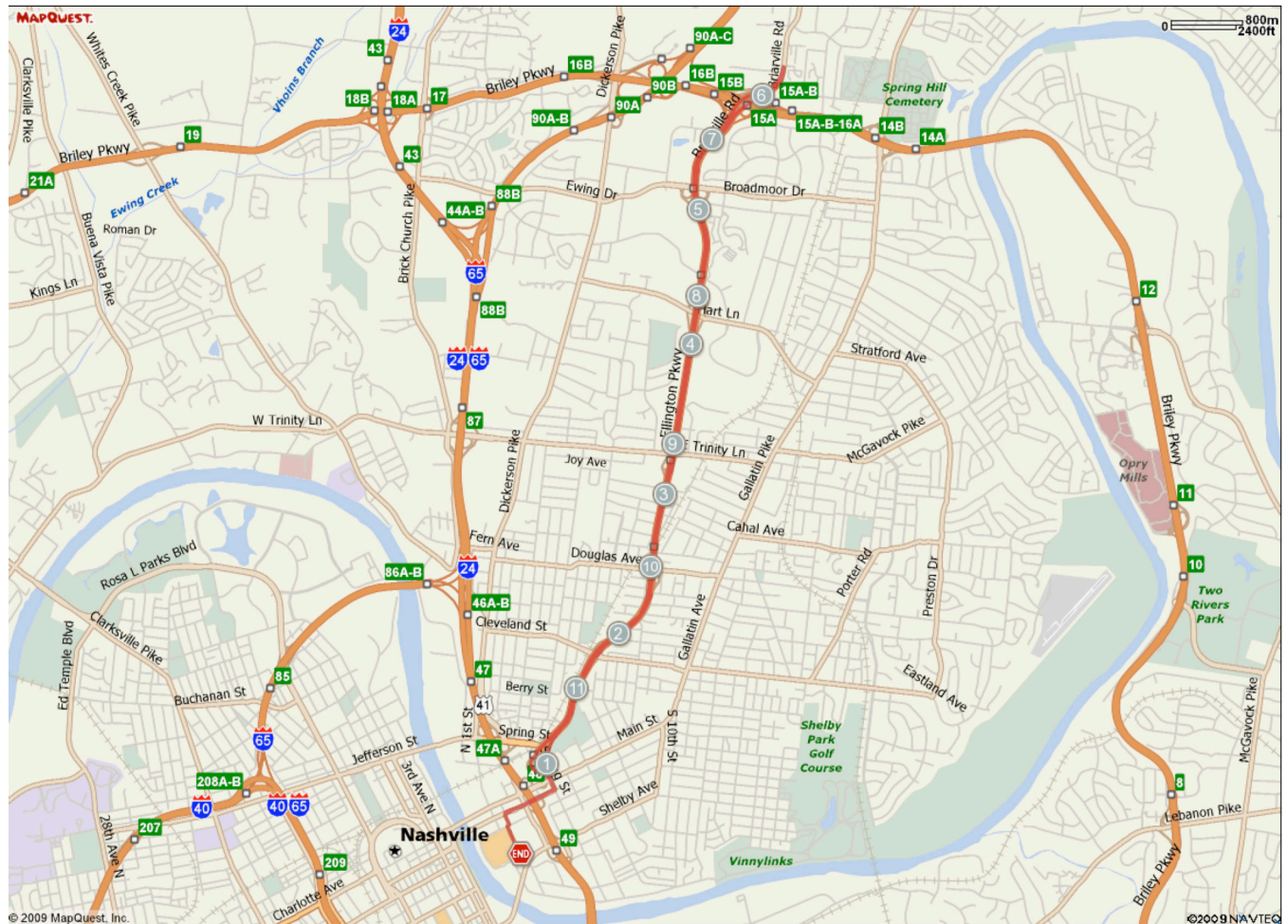


## MUSIC CITY TRIATHLON: BIKE COURSE

Main Staging at LOT R of LP Field / Titan's Stadium

Distance = 20k loop out and back on Ellington Parkway; Intermediate Course completes 2 loops



### ROUTE DESCRIPTION:

- Leave the LP Field area on South 2<sup>nd</sup> Street
- Right onto Woodland
- Left onto South 5<sup>th</sup> Street
- Cross Main Street then onto Ellington Parkway
- Continue on Ellington Parkway to point where Ellington becomes 2 lanes (Briarville Road)
- Turnaround then back on Ellington to downtown exit for Main Street
- Right Onto Woodland
- Left onto South 2<sup>nd</sup> Street back to LOT R / Transition Area

### Intermediate Course – 2 loops of above course for a total of 40k

For the intermediate course, complete 2 loops of the indicated course. A turnaround will be positioned on 2<sup>nd</sup> Street before arriving back at Lot R

### NOTE ABOUT COURSE CLOSURES:

TDOT has given permission to completely close Ellington Parkway to motorized traffic during race hours. There will be security-controlled traffic before entering Ellington Parkway and upon exiting Ellington Parkway. Security officers and volunteers will direct racers throughout the course.